



Office of Emergency Management

FALL QUARTER



NOVEMBER, 2009

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Emergency:
911

Non-Emergency Police:
206-625-5011

Non-Emergency Fire:
206-386-1400

Preparing For Winter!



As the crisp fall air envelopes us here in the Pacific Northwest, our thoughts turn to the harvests of the season, beautiful foliage, and the sparkling blue sky. What we might not be thinking of (or trying not to think of) is the winter weather that can and will quickly come our way. Yes, before you know it, we will be shuffling with our heads tucked beneath a gray dome of cold rain, and more than likely, snow.

Seattleites are a hearty breed though. We enjoy our outstanding region come rain or shine. But many of us still tarry before winterizing our routines and ourselves. Challenge yourself this year to "*Take Winter By Storm!*" The City of Seattle has partnered with King County, Puget Sound Energy, State Farm, and QFC to get the word out about getting prepared *before* the winter weather sets in.

"How do I do that?" you might ask? Easy! Follow a few simple steps and you'll be well on your way to being

prepared.

The first thing about being ready for any emergency or disaster is to have a kit ready in your home that includes water (1 gallon per person per day), extra blankets and clothes, food, medications, flash-light, and anything else you need to be self sufficient for at least three days.

Planning ahead for inclement weather can ease how you get to work or school by identifying the best snow routes. This includes larger roads and fewer hills. Bus routes are posted on King County Metro's website at:

metro.kingcounty.gov/

Winterize your vehicle. Keep at least 1/2 of a tank of gas. Put another emergency supply kit in the trunk of your car with supplies such as sand, shovel, scraper, flares, water, and properly-sized chains you know how to put on.



Winter can come to Seattle in many forms.

Have a plan for school closure. Local radio and television stations can give up-to-date information as they get it.

Power outages can happen in this area. Be prepared for them. Have extra batteries with your flashlights in your emergency kit. Seattle City Light's hotline number is (206) 684-7400. It has a recorded list of area power outages. Information for Puget Sound Energy is 1-888-225-5773.

Sidewalks and driveways are the responsibility of the property owner, so keep them clear of snow and ice

for the safety of others and yourself.

Drive only if necessary, and consider a carpool for transportation. Following closely behind sand and plow trucks can be dangerous, so give them and yourself some clearance. Debris, sand, rocks and other hidden dangers to driver safety may fly from the trucks.

Power outages might not be the only service disruption. Be also prepared for other failures in the communication systems if an emergency situation occurs. Systems can become overloaded during an

event, slowing emergency services. Call only when necessary, and try to stay off the phone during any emergency or disaster.

Remember that winterizing your routine doesn't have to be done all at once. Try taking a few steps everyday, and you will be on your way to being ready for any event!

For more information, visit www.seattle.gov and click on the Severe Weather Information. Or you can go directly to www.govlink.org/storm/ to get all the "Take Winter By Storm" information.





You can go to the website listed in this article, or you can call the Flu Hotline Monday–Friday 9am–5pm: 877-903-KING(5464) for frequent vaccine availability updates.

**“Disasters
are
Inevitable,
the
Outcomes
are Not.”**

3days3ways.org

Skills classes
can give you
hands-on
experience!



Email us your best preparedness tip, and you might be featured in the next newsletter! SNAP@seattle.gov

You and the Flu

H1N1 or “Swine Flu” is on everyone’s minds these days. Stories have been circulating about overrun emergency rooms and school closures. With some proper planning, we can prevent some of the more severe responses to the flu season.

One of the simplest, yet most effective strategies to avoid getting the flu (either novel H1N1 or the seasonal flu), is to just wash your hands, often, for 20 seconds, with soap and hot water. Also, use hand sanitizers with 60% or greater amount of alcohol in it when you can’t wash your hands.

Cover your coughs and sneezes either with a tissue that you throw away immediately, or into

your elbow. And when you are sick, stay home until you have been fever-free for 24 hours without fever-reducing medicine.

How do you know if you have the flu? If you have a temperature of 100°F (37.8°C) or more, and a cough or sore throat. In addition, you may experience vomiting, diarrhea, rashes, body aches, fatigue and decrease in appetite.

Be prepared for this season by becoming familiar with the Public Health–Seattle & King County website which gives you the latest information on novel H1N1 vaccine distributions, and everything you and your family need to know about everything flu! Visit www.kingcounty.gov/health/h1n1

Pets are People Too!

In an emergency, it’s easy to overlook the non-people parts of our community. But as any pet owner will tell you, pets are a vital part of the family. That’s why it’s so important to include a plan for your pets in an emergency or disaster. Here are some simple steps to keeping our non-human pals safe in any event.

- Make a pet preparedness kit. Include any medications, first aid, food, water, bowls, can opener, leashes and carrier, current photos of your pet(s), bedding and toys, and any other pertinent information someone can use in case of your absence. Make

sure their collars have current information.

- Find pet friendly hotels. In case you need to leave your home because of a disaster, the Red Cross shelters *do not* allow any pets, except for service dogs.
- Keep a list of boarding facilities and veterinarians who are out of floodplains or away from coastal areas, so in case you need to stay at a shelter, your pet has a home too. Friends and relatives can also be a place of shelter for your pet(s).

Let’s make pet preparedness personal.

What is the OEM?

It stands for Office of Emergency Management. What do we do here in the City of Seattle? As Barb Graff, Director of Emergency Management for the City of Seattle says, “The OEM is dedicated to reducing the amount of harm, preparing our residents, and speeding recovery when a disaster strikes.”

As part of “preparing residents,” we teach a wide variety of programs tailored to the specific needs of all the communities in the City.

SNAP (Seattle Neighborhoods Actively Prepare) is one of our most popular classes. Taught around the city at libraries, you can find the schedule for one near you at www.seattle.gov/emergency/programs/snap.

We also offer skills classes seasonally, covering skills such as fire extinguisher, utility control, disaster first aid, and light search and rescue.

And recently, we just wrapped up our Leadership Academy. It’s an exciting way for those who have attended SNAP classes to build on their knowledge and share it with the community around them.

To learn about these classes and more, check out the OEM website at www.seattle.gov/emergency and click on Programs and Services. Or email us at SNAP@seattle.gov. You can also call us by phone at 206-233-5076.